


OCTOBER

ATTENDANCE MATTERS IN HAMPSHIRE COUNTY! "STRIVE FOR FIVE"

This institution is an equal opportunity provider.

High School Menu

October 2 -October 31, 2023

MONDAY	TUESDAY	WV WEDNESDAY State Grown & Produced Products	THURSDAY	FRIDAY
<p>2</p> <p>B- Sausage Egg & Cheese Croissant, Juice, Fresh Fruit Yogurt, Milk</p> <p>L- Hot Roast Beef Sandwich w/ Gravy Baked Potato, W/W Roll, Peaches Garden Bar, Fresh Fruit, Milk</p>	<p>3</p> <p>B- Breakfast Pizza, Peach Cup Fresh Fruit, Smoothie, Juice, Milk</p> <p>L- Breaded Chicken Drumsticks Mashed Potatoes, Green Beans Applesauce, Garden Bar, Fresh Fruit Milk</p>	<p>4</p> <p>B- Breakfast Burrito Egg/ Sausage/ Cheese, Yogurt, Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L-Tacos or Loaded Nachos (WV taco meat, cheese sauce, chips salsa) Kidney Beans, Broccoli Garden Bar, Fresh Fruit, Pears Milk</p>	<p>5</p> <p>B - WV Pancake & Sausage Patty Sandwich, Fresh Fruit, Juice, Milk</p> <p>L- Cheeseburger W/W Bun, Lettuce/Tomato/Onion, Pinto Beans, Oven Fries, Mixed Fruit Garden Bar, Fresh Fruit, Milk</p>	<p>6</p> <p>B- Egg & Cheese Bagel, Yogurt Strawberry Cup, Fresh Fruit, Juice Fresh Fruit, Milk</p> <p>L- Chicken Nuggets w/ Sauce or Pizza, Peas, Doritos Applesauce, Garden Bar, Fresh Fruit, Milk</p>
<p>9</p> <p>No School For Students</p> 	<p>10</p> <p>B - Sausage Egg & Cheese Croissant Yogurt, Fresh Fruit, Cinnamon Applesauce Cup, Juice, Milk</p> <p>L-Steak & Cheese Sub, Peppers & Onions, Onion Rings, Steamed Carrots, Applesauce, Spice Cake Fresh Fruit, Garden Bar, Milk</p>	<p>11</p> <p>B - Chicken Biscuit Sandwich Peach Applesauce Cup, Juice Milk</p> <p>L- Baked Potato Bar W/ WV Chili, Cheese, Pinto Beans Mixed Fruit, Garden Bar, Fresh Fruit Milk</p>	<p>12</p> <p>B- Egg & Cheese Bagel, Yogurt Smoothie, Fresh Fruit Juice, Milk</p> <p>L- Orange Chicken, Rice Pilaf Steamed Broccoli, Refried Beans Egg Roll, Pears, Fresh Fruit, Garden Bar Milk</p>	<p>13</p> <p>B – Breakfast Bagel Egg & Cheese, Pear Cup, Fresh Fruit Juice, Milk</p> <p>L- Hot Dog on W/W Bun or Pizza, Coated Seasoned Fries Steamed Carrots, Pudding, Garden Bar, Peaches, Fresh Fruit, Milk</p>
<p>16</p> <p>B- Soft Pretzel w/ Cheese, Cereal Yogurt, Juice, Mixed Fruit Cup, Fresh Fruit, Milk</p> <p>L- Baked Ham, W/W Roll Green Beans, Scalloped Potatoes W/W Chocolate Chip Cookie, Mandarin Oranges, Garden Bar, Fresh Fruit Milk</p>	<p>17</p> <p>B- Sausage Egg & Cheese Bagel Juice, Fresh Fruit, Yogurt, Milk</p> <p>L- Chicken Wing Day (Garlic Parmesan or BBQ flavored wings) or Pizza, Kidney Beans, Steamed Broccoli Mixed Fruit, Fresh Fruit, Garden Bar Milk</p> <p>End fist nine weeks/Midterms (HHS)</p>	<p>18</p> <p>B Cinnamon Dunkers, Yogurt Applesauce Cup, Fresh Fruit Juice, Milk</p> <p>L- Spaghetti w/ WV Meat sauce Texas Toast, Cheese Stick, Corn Peaches, Garden Bar, Milk</p>	<p>19</p> <p>B – Breakfast Pizza, Yogurt Chex Mix Peach Cup, Fresh Fruit, Smoothie Juice, Milk</p> <p>L- Chicken Drumsticks, Mashed Potatoes, Green Beans, W/W Roll Applesauce, Garden Bar, Fresh Fruit, Milk</p>	<p>20</p> <p>B- Cereal Choice, Sausage Egg & Cheese Croissant, Yogurt, Cinnamon Applesauce Cup Fresh Fruit, Juice, Milk</p> <p>L- Chicken Fajita w/ Tomato/Lettuce/Cheese or Chicken Cheese & Rice Burrito w/ Alfredo Sauce, Tostitos, Kidney Beans Fresh Fruit, Mixed Fruit, Milk</p>
<p>23</p> <p>B - WV Pancake & Sausage Sandwich, Yogurt, Cinnamon Applesauce Cup Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) Stuffed Bread Stick w/ Marinara, Peas, Peaches, Garden Bar Fresh Fruit, Milk</p>	<p>24</p> <p>B- Breakfast Pizza, Cereal, Yogurt Chex Mix, Peach Applesauce Cup Juice Milk</p> <p>L- Chicken Alfredo, W/W Roll, Peas Pudding, Garden Bar, Applesauce Fresh Fruit, Milk</p> <p>Report Card Day</p>	<p>25</p> <p>B- Extravaganza, Yogurt Chex Mix Strawberry Cup, Smoothie, Juice Milk</p> <p>L-WV Soup Day Choice of Tomato or Potato Soup, Grilled Cheese Garden Bar, Peaches, Fresh Fruit Milk</p>	<p>26</p> <p>B – French Toast, Yogurt, Peach Applesauce Cup, Juice, Milk</p> <p>L- Meatball Sub, (Shredded Cheese & Marinara) Coated Seasoned Potatoes, Pinto Beans, Fresh Fruit Mixed Fruit, Garden Bar Milk</p>	<p>27</p> <p>B - Cheese/Egg/Sausage Bagel Yogurt, Peach Cup, Juice, Milk</p> <p>L-Chicken Nuggets w/ Sauce or Pizza, Corn, Peaches, Garden Bar Fresh Fruit, Milk</p>
<p>30</p> <p>B- Breakfast Burrito, Yogurt Strawberry Applesauce Cup, Juice Milk</p> <p>L- Mac & Cheese Bowl w/ Chicken Strips or Chicken/ Cheese/ Rice Burrito, Peaches, Fresh Fruit, Garden Bar, Milk</p>	<p>31</p> <p>B- Colby Cheese Omelet, Sausage Patty Smoothie, Fresh Fruit, Juice Milk</p> <p>L- Boneless Wing Day (Sriracha or Plain with Ranch) or Pizza Oven Fries, Steamed Broccoli, Applesauce, Fresh Fruit, Garden Bar, Milk</p>	<p>*** Menus subject to change due to inclement weather and product availability***</p>		